



WELCOME TO YOUR  
EMPLOYEE ASSISTANCE PROGRAM

# Agenda for this session:



- I. What is an EAP?
- II. What are some examples of EAP resources?
- III. How do I access EAP?
- IV. Questions and next steps.

# What is Invest EAP?

Employee Assistance Program



***Free*** and ***confidential***  
short-term, solution-focused  
counseling, resources and  
support for you and anyone in  
your household.

# EAP Core Services:

*Free and Confidential*

- Counseling
- Resources
- Referrals

Childcare



Illness/Healthcare



Alcohol/Drugs



Family/Relationships



Wellness & Prevention



Workplace Issues



Grief/Loss



Depression/Anxiety



Trauma



Legal/Financial



Eldercare





*Call us early, call us often.*

*There's nothing in life we haven't helped our members through, and we can do the same for you.*

what is that?



oh,  
just my mind

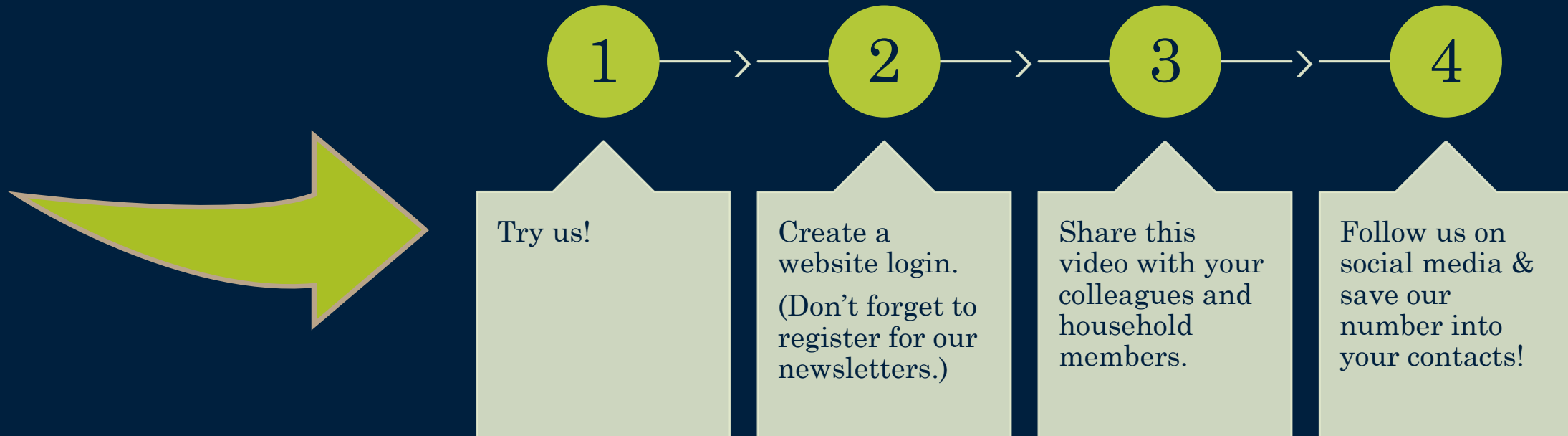
# What happens when you contact EAP?

1-888-834-2830

[www.investeap.org](http://www.investeap.org)



# Moving Forward





Thank you!



1-888-834-2830

[www.investeap.org](http://www.investeap.org)

Organization Password: **vteap**



ADD EAP TO YOUR CONTACTS  
FOR QUICK ACCESS.

